Dealing with Physically Assaultive Youth
****Download Materials, read thoroughly and
****Then Test Your Knowledge*****

- DOWNLOAD THE TEST,
- ANSWER THE TRUE/FALSE QUESTIONS,
- SIGN AND SEND TO YOUR REGIONAL FOSTER PARENT TRAINING MANAGER. (Addresses are listed on the webpage)

1. Discipline teaches the connection between behavior and consequences.

   True   or   False

2. Discipline emphasizes choice.

   True   or   False

3. Discipline provides accountability and constructive learning.

   True   or   False

4. In crisis management we must realize that people choose their behavior for a reason and usually return to behaviors that have worked in the past.

   True   or   False

5. In crisis management we must remember that what seems like "no big deal" to us may be the "last straw" for the youth who has lost so much.

   True   or   False

6. Yelling at a young person in care will intimidate them and cause them to be less Volatile.

   True   or   False

7. The term "Baseline Behavior" is used to describe the normal, relaxed state of a youth.

   True   or   False

8. Regarding the Progression of Responses, the Anxiety Phase required the foster parent to actively listen, give support and acknowledge the baseline behavior.

   True   or   False

9. Verbal Diffusion Techniques cannot work with angry youth.

   True   or   False

10. Regarding the Progression of Responses, the Defensive Phase finds the youth experiencing more energy…endorphins, adrenaline, epinephrine with thinking and hearing becoming more narrowed.

   True   or   False

11. Caregivers can assist the agitated youth to de-escalate to Baseline Behavior by remaining calm, making good eye contact, using soft, normal voice and by asking open ended questions of the youth.

True   or   False

12. In Danger behavior, we do not need to take the youth's threats seriously.

True   or   False

13. In Danger behavior, we stay calm, back away from the situation if possible and call 911.

True   or   False

14. Moral reasoning includes the skills of making complaints, understanding the feelings of others, dealing with someone else's anger or feelings, keeping out of fights, helping others, dealing with accusation, dealing with group pressure.

True   or   False

15. Giving the tools of moral reasoning and problem solving to children in foster dare is not as important as helping with their math skills

True   or   False

16. A youth does not need to understand his Triggers.

True   or   False

17. Deep Breathing is not considered an Anger Reducer.

True   or   False

18. The Anger Control Chain includes:
- Triggers
- Cues
- Anger Reducers
- Reminders
- Thinking Ahead
- Social Skill
- Self Evaluation

True   or   False

19. **The Hassle Log is a tool for the youth to fill out in order to analyze how his anger leads to "going off".**

           True   or   False

20. **Taking time to analyze the process of getting angry not only helps to redirect the youth's attention, but helps him to gain understanding and self awareness.**

           True   or   False

I have viewed the video presentation on Physically Assaultive Youth and have read the Self Study materials. I understand the information and agree to implement this in my professional practice as a foster parent.

_____ Signature   Date_____

_____Print Name:

_____Address
_____